

	Blue - Division 12, 13, 15 and 18
Standing Tumbling	<ul style="list-style-type: none"> All skills with hand support performed from a standing position are allowed. Connection of more than one of the above skills is allowed. <i>Ex: cartwheel/back walkover, or standing back handspring series.</i> Flips are allowed but may not exceed 1 flipping rotation and 0 twisting rotations. Forward 3/4 flips to the seat and toe-pitch flips are prohibited.
Running Tumbling	<ul style="list-style-type: none"> All skills with hand support are allowed. Flips are allowed but may not exceed one flipping and one twisting rotation. Flips may ONLY be performed from a round off or round off back handspring entry. Flips may be performed in alternate positions (layout, x-out, pike, etc.). Aerial cartwheels and running front tucks are allowed. Tumbling after a flip is prohibited. <i>*Exception: a forward or backward roll out of a flip for safety is permitted.</i>
Stunts	<ul style="list-style-type: none"> Single leg extended stunts are allowed. Twisting during the load-in is limited to one full twist by the base(s) and/or flyer. Swing-up stunts are prohibited.
Tosses	<ul style="list-style-type: none"> Basket and sponge tosses are allowed. Tosses may not exceed one and one quarter (1 ¼) twisting rotations. Half (1/2) helicopter tosses are allowed. Flipping (front or back) and traveling tosses are prohibited. .
Pyramids	<ul style="list-style-type: none"> Pyramids must follow stunt and dismount rules. Flyers may flip forward or backward, in a pyramid as long as the flyer is braced, hand to hand/arm, on both sides by either a bracer in a prep or the rotating flyer's base. Flip may land in a cradle, load in or stunt position. Hanging pyramids are allowed but must remain stationary. Collapsible pyramids are prohibited.
Dismounts	<ul style="list-style-type: none"> Cradles from all one leg stunts are limited to one and one quarter (1 ¼) twists. Cradles from all two leg stunts are limited to two and one quarter (2 ¼) twists. Flips are prohibited (Exception: Double based suspended forward roll dismounts)
Release Moves	<ul style="list-style-type: none"> . Release moves are allowed but must not exceed more than eighteen inches above extended arm level (i.e. tic tocs would be allowed).